



For the most valuable in life.



SPECIAL FORMULA

# HiPP COMFORT

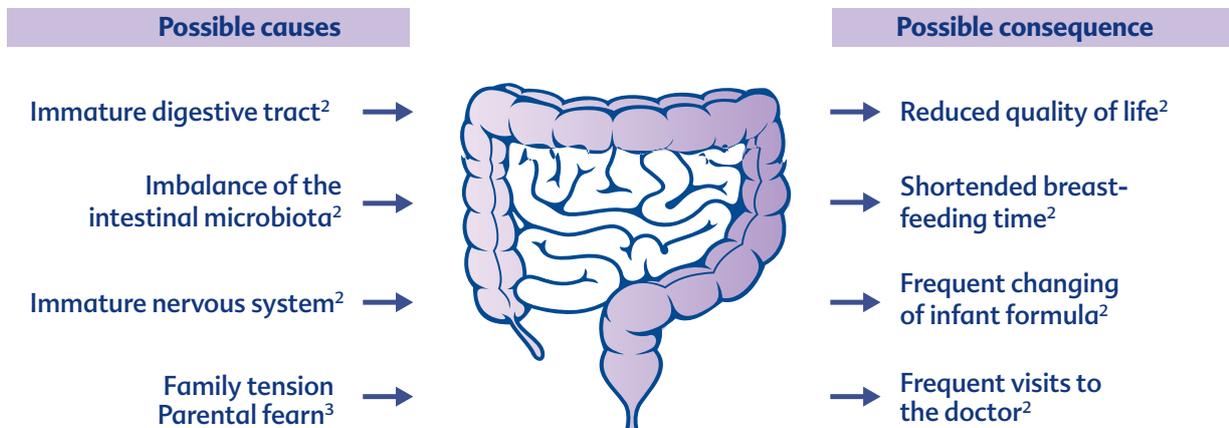
in cases of wind,  
colic and constipation



Information for health care professionals

\*Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

# Every second infant suffers from non-specific digestive problems<sup>1</sup>



## Rome IV diagnostic criteria<sup>4</sup>

### Infant colic

- an infant who is <5 months of age when the symptoms start and stop
- recurrent and prolonged periods of infant crying, fussing, or irritability reported by caregivers that occur without obvious cause and cannot be prevented or resolved by caregivers
- no evidence of infant failure to thrive, fever, or illness

### Functional Constipation

Must include 1 month of at least 2 of the following in infants up to children at the age of 4 years:

- 2 or fewer defecations per week
- history of excessive stool retention
- history of painful or hard bowel movements
- history of large-diameter stools
- presence of a large fecal mass in the rectum

In toilet-trained children, the following additional criteria may be used:

- at least 1 episode/week of incontinence after the acquisition of toileting skills
- history of large-diameter stools that may obstruct the toilet

# Recommendations

## on how to handle infantile colic<sup>2</sup>

### Education and reassurance for parents

- crying as sign of hunger and fatigue
- calm and regular daily routine
- time limit of this phase (3-4 months with the peak at the age of 4-6 weeks)
- comforting measures, such as holding the infant during a crying phase, can help
- encouragement to continue breastfeeding, to take care of their own well-being and seek help

### Nutritional measures

- if **cow's milk protein allergy** is not a potential cause, a hydrolysed, lactose-reduced formula with prebiotics and probiotics can reduce the crying time of infants who are not breastfed

**Medication** (e.g. proton pump inhibitors, simethicone) is **ineffective** and can produce side effects.

# Recommendations

## on how to handle constipation<sup>2</sup>

### Education and reassurance for parents

- information on normal infant stool behaviour
- breastfed infants rarely experience constipation; however, some breastfed infants have bowel movements less than once a week

### Nutritional measures

- continue breastfeeding; evaluation after 2-4 weeks
- correct preparation of formula for bottle-fed infants
- a **cows' milk protein allergy** may be the reason for constipation in some infants; however, constipation as the only manifestation of a cows' milk protein allergy is extremely rare
- infants who are not breastfed can benefit from a formula with hydrolysed protein, prebiotics and  $\beta$ -palmitate

In the case of infants who are not breastfed and have functional constipation, nutritional recommendations may not be sufficient, thus **medication** (laxatives) can have top priority in terms of treatment.

# HiPP COMFORT Special Formula – in cases of wind, colic\* and constipation

The special ingredients of HiPP COMFORT Special Formula can have a positive effect on digestion.

## Special fat structure, with a high $\beta$ -palmitate content

- particularly easy-to-digest fat, whose structure very closely resembles that of the fatty acids in human milk
- reduces the formation of fatty acid soaps and leads to softer stool and less constipation<sup>5,6</sup>

## Reduced lactose content

- reduces wind and cramps caused by temporary lactase deficiency<sup>7</sup>
- up to 40% less crying<sup>7-9</sup>

## Hydrolysed protein, making it easier to digest

- easier to digest and improved stool consistency
- studies show a significant reduction in symptoms in the gastrointestinal tract and in crying when feeding infants a protein hydrolysate<sup>10-13</sup>

## Studies show: valuable dietary fibres (GOS\*\*) to promote healthy intestinal microbiota

- development of positive intestinal microbiota by promoting lactobacilli and bifidobacteria<sup>14</sup>
- soft stool thanks to prebiotic fibres<sup>15,16</sup>

## Natural lactic acid cultures *L. fermentum* (originally obtained from human milk)\*\*\*

**Suitably low protein** content and with LCs **DHA and AA** to ensure its suitability from birth.

## With Metafolin®

\*in cases of lactose-related colic

\*\*Galacto-oligosaccharides obtained from lactose

\*\*\*Human milk contains a large number of natural lactic cultures that can vary from mother to mother

### Important information:

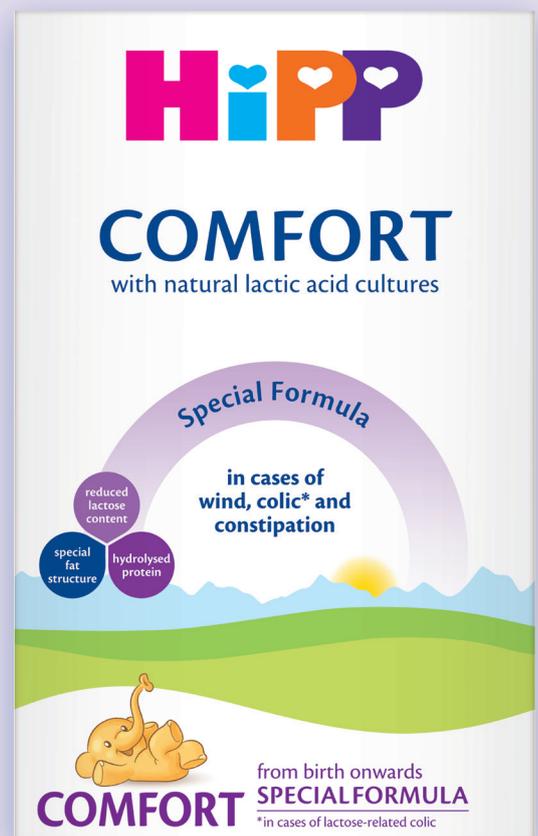
HiPP COMFORT Special Formula is suitable for the dietary management of wind, lactose-related colic and constipation in infants and may, under medical supervision, be used from birth onwards for the exclusive feeding of the infant, and after 6 months as part of a mixed diet.

Do not use HiPP COMFORT Special Formula in cases of known or suspected cow's milk protein allergy.  
Not suitable for parenteral use.

### References:

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